

Be kind to yourself - Log an act of kindness

A perfect activity to use when celebrating World Kindness Day!

EXPLANATION:

Kindness is not just how you treat other people — it is how you extend those same behaviours to yourself! Small acts of kindness can have enormous benefits especially when you direct self-love to yourself! This activity investigates ways that people can be kind to themselves and acknowledge their value. Students will be encouraged to conduct a kindness to themselves and log their act on the Kindness Log at the Kindness Factory:

<https://kindnessfactory.com/kindness-log/>



YEAR LEVELS: Years 11-12

STUDENT GROUPING: Group discussion – individual reflections and logs

ACTIVITY LENGTH: 45mins approx.

LINK TO CURRICULUM:

This activity connects to many curriculum and social and emotional learning objectives. But this activity has been developed purely and simply to promote kindness! Because kindness matters, it is powerful and makes a difference to people all over the world!

#onesmallact #kindnessfactory

SCOPE OF TASK:

When we consider our own feelings and needs we are being kind to ourselves. Acts of self-kindness can include: asking for help, positive self-talk and affirmations, taking a rest, saying no when you are busy, advocating for yourself, setting boundaries, and treating yourself. Self-kindness is the capacity to take a compassionate stance toward ourselves!

1. Inform the students that in this activity they are going to be discussing the importance of self-kindness, self-love and acceptance. Remind students that typically we are often kinder to

others than ourselves therefore it is something that we need to learn and practice. Begin with showing the short YouTube video to students to focus on self-kindness and love. This video is a recording of Adam Roa's poem about self-love and care:

https://www.youtube.com/watch?v=nt5_3cbo31I



2. Ask students to sit in a circle and provide everyone and opportunity to respond to the questions:
 - Why is self-kindness so hard?
 - What things can you do to show kindness to yourself?
3. Once all students have had an opportunity to share their thoughts set them a task. In the next 24 hours they need to do at least one thing that is kind to themselves and that tomorrow they will need to share what they did.
4. The following day: Gather the students again in a circle where everyone will have a chance to share their self-kind act. As a group also discuss what difference self-kindness can make to themselves.
5. Once sharing has been done show the students the Kindness Factory and explore the website: <https://kindnessfactory.com/kindness-log/>. Project the website onto a whiteboard and look at the random acts of kindness that have been logged.
6. Encourage the students to log their own act. Give the students 10 – 15 mins to log their own act of self-kindness. Questions they can consider when writing their log could include:
 - What did they do?
 - How did it make them feel?



7. Ask a student to volunteer to scroll through the Kindness Log projected on the whiteboard. Students can identify their log and discuss it if they feel comfortable. Invite students if they feel comfortable to share their log with the class group.
9. In conclusion ask students how they felt contributing to the Kindness Log? Over the next few weeks monitor the Kindness Log and see how the number of acts grow and get ideas for how the students can also engage in acts of kindness.

Whatever you do, be gentle with yourself.

~ Sanoben Khan

RESOURCES:

- Whiteboard
- Kindness Factory log: <https://kindnessfactory.com/>
- Computers and internet
- YouTube clip: https://youtu.be/nt5_3cbo31l